

# Help Me Grow Washington Accomplishments

Jan-Jun  
2022

Mid-Year Update



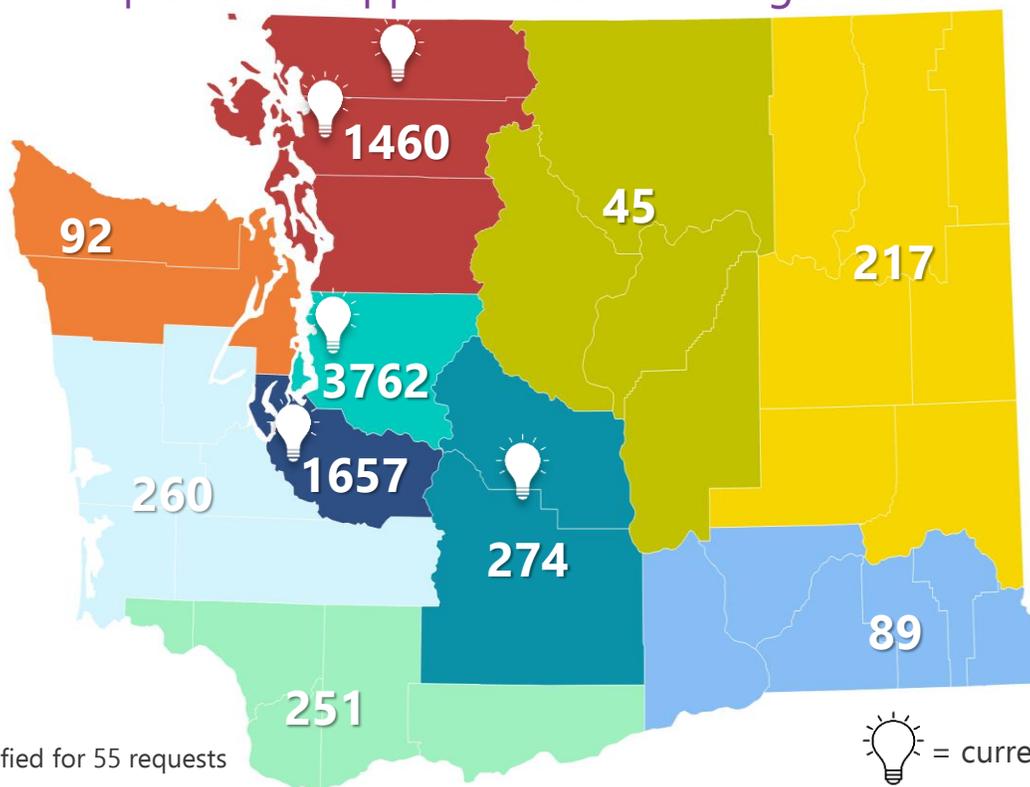
# Help Me Grow Washington Mid-Year 2022 Accomplishments

Help Me Grow (HMG) is a community-driven, resource and referral linkage system that connects young children and their families to appropriate services and community supports. Parents, caregivers, early learning, health and other service providers can call, text, or email Help Me Grow and connect to caring people who are highly trained in child development. The resource navigators listen to families' needs and link them to the most appropriate services. In addition to family support, Help Me Grow offers a shared foundation for system coordination and navigation to facilitate multi-entry points and warm handoffs through workforce and technology infrastructure.

Help Me Grow Washington is supported by a collaborative of representatives from WithinReach, Washington State Department of Children, Youth, and Families, Washington State Department of Health, and many community partners. Washington became a Help Me Grow affiliate in 2010, and the Help Me Grow Washington network has grown rapidly in recent years.

By the end of June 2022 the network included five sub-affiliate organizations that work to strengthen connections to local resources and provide localized support to families, as well as a statewide contact center that helps families across Washington navigate health and social service resources. Help Me Grow Washington continues to connect with organizations that are interested exploring how the Help Me Grow system model aligns with their communities.

From Jan-Jun 2022, Help Me Grow Washington responded to **8,162\*** requests for support across Washington State



\*County not specified for 55 requests

 = current sub-affiliate

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Residents across Washington have continued to navigate the COVID-19 pandemic.  
In response, Help Me Grow Washington...



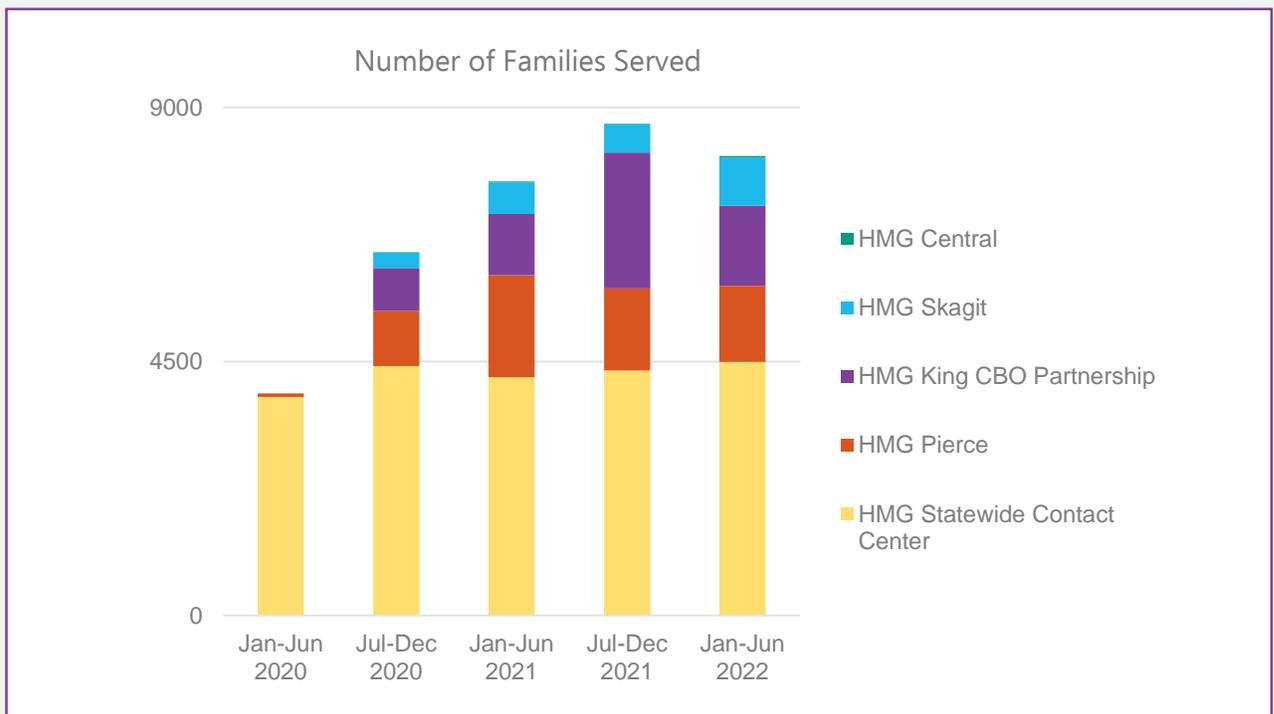
Staffed and managed a 14-person **COVID-19 Quarantine/Isolation Support Team** that connected over **964 families** to supplies and resources during their isolation or quarantine



Increased families served across Skagit and Yakima counties by piloting several **Family Resource Navigation models**



Help Me Grow Washington's Coordinated Access Networks continued to help **over 8,000** Washington families access and navigate health and social services



Expanded Pierce County Diaper Bank networks and distributed...



**195,139**  
**Diapers**



**3,810**  
**Packs of Wipes**

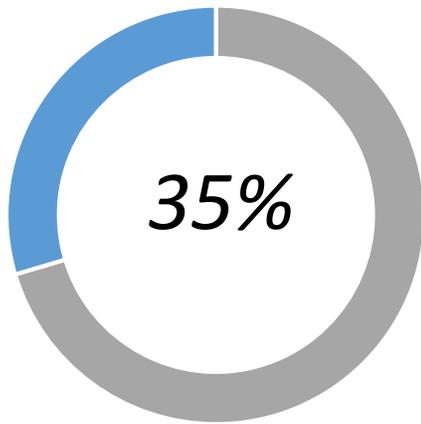


**17**  
**Cans of Formula**

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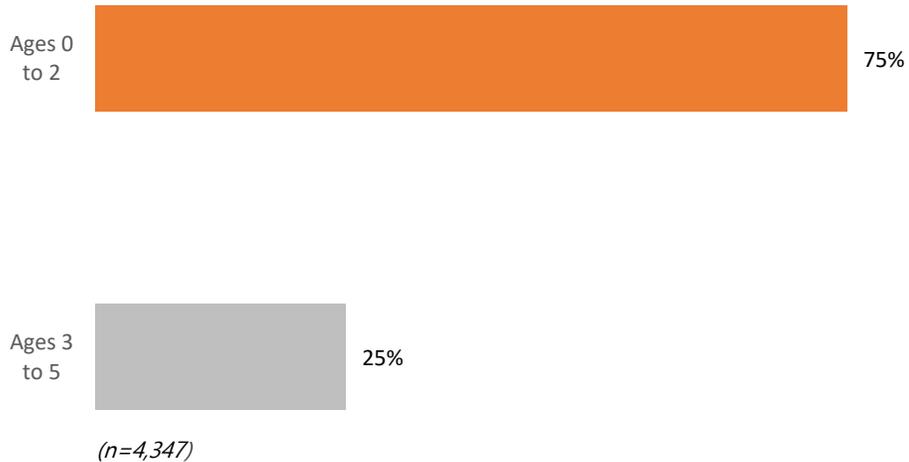
Help Me Grow Washington contact centers fulfilled **8,162** requests for support, serving **5,955** children and **910** pregnant people

Over **1 in 3** people preferred a language other than English\*

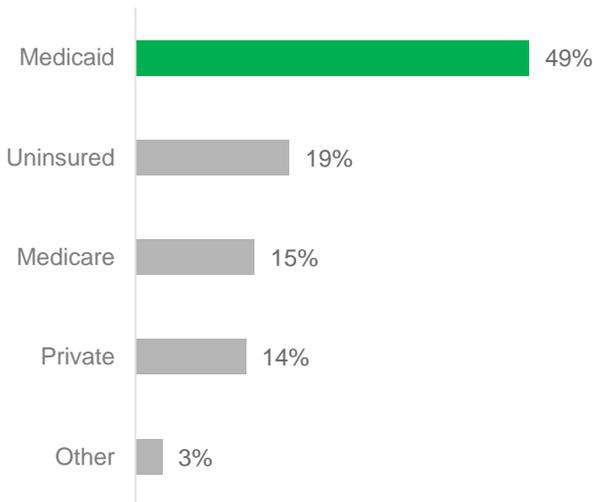


(n = 6,991) \*Families that accessed Help Me Grow represented **39** different languages

Most children were **under age 3**



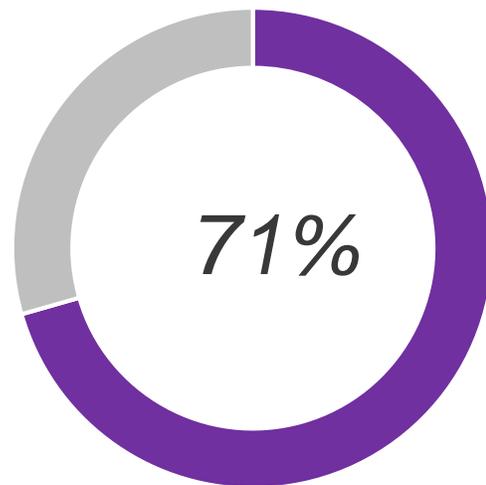
About **half** of the people requesting support reported Medicaid as their insurance



(n = 3,099)

The majority of Help Me Grow clients identified their race or ethnicity as BIPOC\*

\*BIPOC = Black, Indigenous, or Person of Color

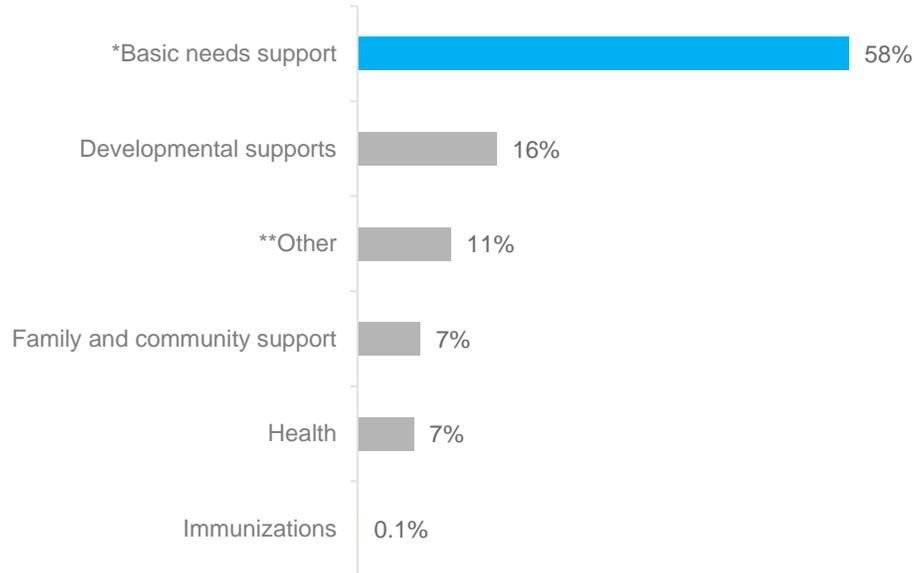


(n = 4,731) American Indian/Alaska Native (1%), Asian (10%), Black/African American (20%), Latinx (21%), Multiple races/ethnicities (11%), Native Hawaiian/Pacific Islander (3%), Middle Eastern or North African (2%), Other (2%), White (29%)

# Help Me Grow Washington Mid-Year 2022 Accomplishments

Help Me Grow Washington provided 19,953 referrals

## Basic needs support was the most common type of referral



(n=19,953) \*Basic needs supports include food, special supplemental nutrition program for women, infants, and children (WIC), financial, housing, or utility assistance, clothing, diapers, and transportation  
\*\*Other includes a wide variety of resources such as childcare, emergency assistance, legal services, and financial/employment services

## Help Me Grow Washington continued to expand its resource and referral network



Provided **80** trainings to medical staff on developmental screening, linkage, and referral through Help Me Grow



Reached **4,546** individuals representing community agencies through Help Me Grow events and trainings



Met **8,010** parents and caregivers at events across Washington to promote Help Me Grow and healthy child development

# Help Me Grow Washington Mid-Year 2022 Accomplishments

HMG Washington also focused on strengthening systems development across Washington state. Our accomplishments include...



Help Me Grow Statewide defined **Coordinated Access Point (CAP) Essential Services standards**, which are a set of services and supports that the Help Me Grow Statewide Network prioritizes to ensure all families have access to when engaging with the local and state CAPs



Partnered to expand the **Plan of Safe Care** community-based pathway to birthing hospitals statewide, which has connected 49 infants with prenatal substance exposure and their caregivers to wrap-around services and supports



Built and tested the new **ResourceFinder**, which included piloting the resource submission form with Help Me Grow Skagit



Help Me Grow Skagit transitioned from virtual to in-person services by partnering with the **Children's Museum of Skagit County**



Developed **disaggregated data reports** for each sub-affiliate to support continuous quality improvement



Launched **food gift card giveaways** to families, resulting in an increase in **call volume** to Help Me Grow Central Washington



Started exploring **tribal adaptations** to the Help Me Grow System Model in order to better serve tribal communities



Increase in referrals to **home visiting programs** with the addition of a new client screening question



Help Me Grow Pierce County received a grant to provide Pierce County organizations and families with car seats, booster seats, and pack 'n plays for **safe sleep**.



Help Me Grow King County transitioned to **participant-level data reporting**, resulting in more efficient methods to measure how communities are served



Help Me Grow Skagit County added an **additional access point** to their network, "Pregnancy Connections," which helps pregnant people get connected to programs specific to the prenatal period



All Northwest Early Learning Coalition counties continued to utilize and **strengthen communication** and **information-sharing** channels among the region

# Help Me Grow Washington Mid-Year 2022 Accomplishments

## Pierce County

## Central Washington Kittitas and Yakima counties

## King County

**Year Joined:** 2018

**Lead Agency:** First 5 FUNdamentals

**Year Joined:** 2019

**Lead Agency:**  
Yakima Valley  
Community Foundation

**Year Joined:** 2019

**Lead Agency:**  
Public Health — Seattle & King  
County

## 2022 Mid-Year Key Successes

- Continued supporting the Pierce County Diaper Bank Network, serving over 11,300 families.
- Received a grant to provide Pierce County organizations and families with car seats, booster seats, and pack 'n plays for safe sleep.

- Developed a bilingual webpage within the Investing in Children Coalition website to help connect parents/caregivers to Ayúdame a Crecer/Help Me Grow Central WA.
- Reached approximately 600 families in the Yakima Valley through outreach events, resulting in increased call volume.
- Partnered with Sunnyside United/Unidos, a community coalition focused on reducing youth substance use, depression, suicide, and gang violence, to host a Key Leaders Luncheon that had over 80 community members in attendance.

- Help Me Grow King County transitioned to participant-level data reporting. Partners invested many hours in training and data system updates that enabled more efficient methods to measure how communities are served. As a result, there has been an increase in the number of interactions and referrals, especially related to basic needs.

## What's on the Horizon?

- Currently applying for more funding to expand the Family Resource navigation team through 2-1-1 in order to support the large volume of calls and to increase follow-up capacity.
- Strengthening local outreach efforts with focus and partnerships in Child Care, Equity, and Policy & Advocacy.

- Form a cohort of 3-4 Ayúdame a Crecer/Help Me Grow Central WA members to collaborate with existing parent leader groups in order to incorporate feedback from parents about Help Me Grow Central WA. This collaboration will also support family and community outreach efforts.

- Best Starts for Kids is committed to sustaining partnerships and positive impacts as demand for services and supports continues to increase.
- Partners have efficient and effective services, which leads to ongoing relationships with families. As a result, partners are seeing increased understanding among Help Me Grow King County participants of how to navigate resources.

# Help Me Grow Washington Mid-Year 2022 Accomplishments

## Skagit County

## Northwest Early Learning Coalition Island, San Juan, Snohomish, & Whatcom counties

**Year joined:** 2020

**Lead Agency:** [United General District 304](#)

**Year joined:** 2021

**Lead Agency:** [First 5 FUNdamentals](#)

## 2022 Mid-Year Key Successes

- Family Resource Navigator is fully trained to support families, including the Ages & Stages Questionnaire (ASQ).
- New “Pregnancy Connections” program at Skagit Public Health Department provides access to Help Me Grow for pregnant people.
- Healthcare outreach included: distributed Help Me Grow branded materials and referral forms to 24 practices; quarterly newsletter, Continuing Medical Education (CME) events, and a Help Me Grow flyer included in all prenatal packets distributed through Skagit Valley Hospital birthing center.
- Community outreach efforts included distributing 1,745 rack cards and/or brochures to libraries, childcare centers, and other family-serving organizations.
- Convened a monthly Help Me Grow-Family Resource Center Advisory Panel to continue discussing referral pathways for families.
- Provided tours to representatives from Patty Murray and Rick Larson's office and conducted a site visit with the local representative, Carolyn Eslick.
- Increased outreach efforts across all counties to health providers, early intervention service providers, and community partners around Help Me Grow system, resource access, and early childhood development.
- All counties continued to utilize and strengthen communication and information-sharing channels. They also participated in a Help Me Grow cost-model project.
- Whatcom County secured Help Me Grow implementation funding, and continued development of an open-source resource directory to support care navigators.
- San Juan County and Whatcom County participated in a cohort that explored potential processes for updating local resource directories.

## What's on the Horizon?

- Continue to seek funding to support the collaborative work of the Family Resource Center and Help Me Grow, including pursuing financial investments at the federal level.
- Requested funds to start a mobile family resource center.
- Skagit County Public Health has offered the assistance of their epidemiologist to help support data and analysis work.
- Begin populating the Help Me Grow Resource Directory with information about Skagit resources.
- Hire a facilitator for a community asset mapping project.
- Develop a family/caregiver assessment to clarify outreach and communication strategies.
- Prioritize sustainability by formalizing a regional advocacy agenda and securing funding.
- Strengthen and expand partnerships with health providers and community-based organizations.
- Identify health provider champions.

# Help Me Grow Washington Mid-Year 2022 Accomplishments

Help Me Grow Washington is grateful to all of the partners who contributed data, expertise, funding, and time to make this report possible:

◆ Children's Village ◆ First 5 FUNdamentals

Public Health Seattle and King County - Help Me Grow / Best Starts for Kids

Skagit County Public Health ◆ Tacoma Pierce County Health Department

United General District 304 – Children's Council ◆ Washington Communities for Children

Washington State Department of Children, Youth, and Families

WithinReach ◆ Yakima Valley Community Foundation

◆ Washington State Department of Health

The thousands of caregivers who shared demographic data about themselves and their children, and the Family Resource Navigators, Specialists, and Care Coordinators who supported these families and took the time to document their work

